

# Tsum Valley Trek



## Trip Overview

Tsum Valley is one of the world's remotest Himalayan valleys which was a restricted region until recently. The People of Tsum Valley or Tsumbas are of Tibetan origin with their ancient form of dialect, art, culture, and religion. Tsum Valley is a new trail for trekking, only camping trek was possible after it was open for trekkers in 2008, however, there have been some simple guest houses and homestay accommodations available along the trail now, but the Khumbu Alpine travel do only camping base trek. This is for those who are interested in knowing about the culture, people, and lifestyle of remote areas of Nepal Khumbu Alpine Travel will organize the trip to Tsum Valley and it is ideal. Very few adventure travelers have made it to this high and mysterious valley, which used to be an important trade link with Tibet. The region is still less exposed in comparison to other tourist areas, with relatively virgin and less beaten paths in comparison to the more popular regions. The Tsumbas have their way of family lifestyle, which may be quite surprising for many outsiders, All the brothers in the family are married to a single girl, what you may call a practice of polyandry. We follow the same trail of the Manaslu Circuit trek for the Tsum Valley trek. We pass through the alpine forests and glacial rivers. We will be blessed with an opportunity to visit ancient Gompas, lake, Ramchen, Mu, and Dephydonma and at the same time enjoy the warm hospitality of the villagers of this region. The trek to Tsum Valley takes us into the majestic surroundings of the Ganesh Himal, Sringi Himal, and Boudha Himal ranges. We also visit the ancient Buddhist Gombas of the region including the Milarepa's Cave.

## **Trip Itinerary**

- Day 1 - Arrival in Kathmandu & transfer to the hotel (1400 Mtr/4592 Ft)
- Day 2 - Drive from Kathmandu, Trek to Soti Khola (710 Mtr/2328 Ft)
- Day 3 - Trek to Tatopani (990 Mtr/3247 Ft)
- Day 4 - Trek to Philim (1,570 Mtr/5150 Ft)
- Day 5 - Trek to Chumling (2,390 Mtr/7839 Ft)
- Day 6 - Trek to Nile (3,360 Mtr/11020 Ft)
- Day 7 - Trek to Mu Gompa (3,910 Mtr/12825 Ft)
- Day 8 - Exploring Mu Gompa (rest day)
- Day 9 - Trek to Burgi Village (3,245 Mtr/10644 Ft)
- Day 10 - Trek to Chumling (2,390 Mtr/7839 Ft)
- Day 11 - Trek to Philim (1,570 Mtr/5150 Ft)
- Day 12 - Trek to Dovan (1,080 Mtr/3542 Ft)
- Day 13 - Trek to Soti Khola(710 Mtr/2328 Ft)
- Day 14 - Drive to Kathmandu & Transfer to the hotel
- Day 15 - Sightseeing around Kathmandu Valley
- Day 16 - Transfer to the Tribhuvan International Airport for final departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- All trekking permits, TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit

- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accommodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accommodation in Kathmandu and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled water
- Helicopter charter flight

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermal
  - T-shirts
  - Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
Wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Why to go trekking in Tsum valley Trek ?

*Mount Manaslu is the 8th highest mountain in the world. We can see the great view of Mount Manaslu from very near. Every year many climbers come to conquer the summit of Mount Manaslu. Tsum valley is popular for mountain as well as its people, unique geographical structure, traditional culture customs, historical monasteries.*

### 2. What is the best seasons to trekking in Tsum valley trek?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your*

*suitable time for travelling in Nepal.*

**3. What permit do I need for the Manaslu Circuit trek?**

*Tsum Valley is a restricted area, so we have to take permits as below.*

*Gorkha Tsum Valley Area*

*Sirdibas-Lokpa-Chumling-Chekampar-Nile-Chule*

*a. Chumnuhari Rural Municipality (All areas of ward nos. 3,6 and 7)*

*September – November*

*USD 40 per person/week*

*USD 7 per person / day (beyond 1 week)*

*December – August*

*USD 30 per person / week*

*USD 7 per person / day (beyond 1 week)*

**4. How safe is Tsum Valley trek ?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency. We make the proper decision according to the regular updated weather report, if there is any chance of big snow falls or storms, we decide and do the action as per the situation.*

**5. How is the lodging and fooding facilities in Tsum valley trek?**

*This route is recently opened for trekkers and mountaineers, so the lodging are not developed well yet, Lodging and fooding are all very basic.*

**6. How is the internet and Power for charging facilities?**

*Only in some place the sim cards works, and internet is available only in limited place but mostly places we can get battery charging facilities.*

**7. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?**

*You can pay by oriengn currency as well, but the exchange rate will not be same as Kathmandu, so we recommand you to exchange the money in kathmandu and take a nepalese Rupees. Credit cards facilities are not available in this region.*

**8. What is the normal tempreture in spring and Autumn season?**

*Spring season starts in March, but until the third week of march, temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*